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Bangalore Mirror

TEMP Max 27 | Min 20 | Humidity 69% Scattered Thunderstorms Sensex 66,174 | Nifty 19,889 | Gold 61,987 | Silver 74,970 | Dollar 83.35 | Euro 91.59 | GBP 105.79

Over 600 Bengalureans registered as volunteers for Kere Mitra initiative to save lakes left puzzled as they await acknowledgement a month on

LAKEY FLAKEY

Delay due to technical glitch in app, says BBMP

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TWEETS @BangaloreMIRROR

Soundararajan Rajagopalan, a resident living near Doddakallasandra Lake in south Bengaluru, was an early bird to register under Bruhat Bengaluru Mahanagara Palike's (BBMP) 'Kere Mitra' initiative.

The senior citizen said he was excited about the initiative and registered himself as a volunteer to ensure upkeep of Doddakallasandra waterbody, as soon as BBMP's notification was issued on October 19.

However, more than a month has passed and Rajagopalan is still waiting for a response from the BBMP.

"I registered immediately after the notification was issued. After all, it is a great initiative; we were happy that the community is being involved in the maintenance of lakes in the city. However, it has been more than a month and I have not heard back from them. Not even an acknowledgement message has been sent by the Palike so far," said Rajagopalan.

Rajagopalan is not the only one left wondering about the next

CONTINUED ON PAGE 9 »

"Our lakes are in a bad state, sooner we start, better it will be

— Raghavendra B Pachhapur, lake activist/registered volunteer

Are toll plazas 'neglecting' disabled persons?

Persons with disabilities 'forced' to pay toll fee while travelling between Bengaluru and Mysuru

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Persons with disabilities (PwDs) need utmost support from society, especially from government authorities and utility service providers, to enable them to realise basic wants with minimal effort.

However, some PwDs with unique disability ID cards complained about the hurdles to travel between Bengaluru and Mysuru.

The PwDs with unique disability ID cards are forced to pay toll fee while travelling in a hired vehicle or the vehicle owned by their relatives. They said that it is difficult to find sponsors (relatives or friends) to take them to Mysuru on their vehicles. It would be a great help for them, they said, if the National Highways Authority of India (NHAI) exempted vehicles carrying PwDs from paying the toll fee.

"There was no problem for me while travelling on the NICE Road. People at the toll gates were courteous and cooperative. They did not collect the toll fee when I produced the unique disability ID card. However, the people at the toll on the Expressway between Bengaluru

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Brightful aura

Don't miss the chance to attend a unique exhibit, Deepotsav: Tales of Light, where you can explore more than 200 rare lamps. These lamps are sourced from different parts of India and Sri Lanka. The exhibition also features exquisite Tanjore and Pichwai paintings, highlighting the traditional essence of regional Tamil Nadu and Rajasthan.
Where: The Purple Turtles, Indiranagar
When: until December 10

02 Musical cure

If you have been waiting for an extravaganza experience of music, then here's your chance to attend Magnetic Music Season 01 by ZLB23. The event features a lineup of nine bands from around the world and a selection of some of the finest musicians in these genres.
Where: ZLB23, The Leela Palace, Old Airport Road
When: December 5 to 15; 8 pm onwards

03 Abstract love

Renowned artist and creative producer RB Murari is set to take Bengaluru's art lovers on an emotional exploration through his art. Based in Chennai, he is known for his abstract art and has been practicing it for over three decades now. His exhibition, Emotive Resonance, will project a range of non-objective abstract artwork.
Where: MKF Museum of Art, 55-1 Isha Villa, opp SodaBottleOpenerWala, Lavelle Road
When: until December 10; 11 am to 6:30 pm (Mondays closed)

Covid: No more daily update on the horizon

Health department discontinues daily covid report; NITI Aayog commends Covid Care Centres in Bengaluru Urban district for organising both online and offline yoga sessions

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Even at a time when pneumonia cases seem to be rising in China, there is good news on the covid front. The Health Department has finally discontinued the daily covid report after three years of covid onset in the city. A senior health official stated, "We used to compile a daily covid report for the state as well as a dedicated report for Bengaluru. However, now that covid is no longer a pandemic but has become an endemic, we have decided to cease issuing daily covid reports and, instead, will prepare the report weekly to monitor any specific trends."

Meanwhile, the yoga sessions for covid patients held at Covid Care Centres (CCC) have earned the praise of NITI Aayog. The Aayog, which has compiled a compendium of Ayush-based practices across the country, has highlighted that yoga sessions were conducted across all CCCs twice every day (morning and evening).

A total of 479 offline sessions and 520 online sessions were conducted during the second wave of covid-19 with approximately 7,596 beneficiaries. The report compiles data on how the Ayush staff was part of the home quarantine enforcement squad in the Bengaluru Urban district. CCCs were set up at all seven teaching hospitals attached to the Department of Ayush during the first and second waves of covid-19 respectively. The report added that prophylaxis (action taken to prevent disease) is one of the important measures for fighting against covid-19. "Karnataka utilised Ayush intervention in the management of covid-19 cases as an adjuvant to standard care. In fact, Karnataka developed state-specific guidelines for the prophylaxis of covid-19. The pandemic created a great burden on governments and the medical fraternity globally. The Department of Ayush, Government of Karnataka (GoK) took various initiatives and planned the strategy for controlling the covid-19 pandemic crisis as per the directions of the Ayush Directorate, Karnataka Government, and District Administration," states the Aayog report.

In the first phase of covid-19, GoK gave the opportunity to open a stand-alone Ayush CCC in Mysuru. Teaching hospitals were also converted into CCCs, where Ayush HR was deputed as per requirement. In the second phase, the Ayush Department joined hands with the health and family welfare department by posting Ayush doctors and staff in CCCs, war rooms, and vaccination centres, and some of the medical officers were designated as nodal officers to mitigate covid-19. District-level offices conducted health camps and distributed relevant medicines and immunity boosters in affected areas.

PICTURE FOR REPRESENTATION ONLY

In the first phase of covid-19, Government of Karnataka gave the opportunity to open a stand-alone Ayush CCC in Mysuru

> **"Karnataka utilised Ayush intervention in the management of covid-19 cases as an adjuvant to standard care**
> –NITI Aayog report

The report states that the Ayush doctors also worked during the pandemic. "The medical staff was deployed for various responsibilities, such as performing duties at quarantine centres, CCCs, fever clinics, physical as well as tele-triaging, and the district vigilance committee for monitoring covid beds, oxygen supply, and other drugs. The staff in Bengaluru Urban were posted for different covid-related emergency duties, including home quarantine enforcement squad duties and zonal ambulance control duties at all five zones for identification and early transport of the covid-positive people across Bengaluru," it mentioned.

The report further states that the medical systems in India are broadly divided into two categories: the modern medicine system and the Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homoeopathy (Ayush) systems.

Unleash the force of music for conservation

This music festival aims to embody its message of sustainability through art

India's Echoes of Earth music festival is back for its 6th edition on December 2nd and 3rd, 2023. Known for combining music, art, culture, and conservation, this year's theme is 'Ensemble of the Wild,' focusing on the interconnectedness of the Western Ghats ecosystem. The festival will feature artists like Haribabu Natesan, the Aravani Art Project, and Siddharth Karawal. They will create installations using recycled materials, aligning with the festival's commitment to being environmentally friendly.

Echoes of Earth has a diverse musical lineup, covering genres like electronica, jazz, indie, afrobeat, funk, world music, folk, soul,

and house techno. Headliners include Sid Sriram (US), Len Faki (Germany), Tinariwen (Mali), Jitvam (US/India), and more.

The founder, Roshan Netalkar, expressed the festival's focus on celebrating the Western Ghats' ecosystems and wildlife. Beyond music, the festival includes initiatives like the kids zone, pet zone, sustainable flea markets, and cafes.

Partnerships with Walkers & Co. and Johnnie Walker Refreshing Mixer Non-Alcoholic beverages continue, reflecting shared values in environmental consciousness. AB InBev, through Corona, also supports the festival's eco-friendly approach. Echoes of Earth actively involves the artist community and collaborates with educational institutions to explore art as a platform for conservation. This year, there's a strong emphasis on regeneration, conservation, and the circular economy, promoting sustainability in lifestyle events.

In summary, Echoes of Earth's 6th edition promises a unique celebration of music, art, and nature. Set at the Embassy International Riding School in Bengaluru, the festival invites attendees to experience it on December 2 and 3, 2023, embodying its message of sustainability and conservation through the power of music and art. **— BMB**

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BBMP, BWSSB in a deadline duel drama

Bengaluru grapples with deepening infrastructure crisis as BBMP struggles to address persistent potholes, while BWSSB encounters obstacles in Cauvery water project

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Despite BWSSB assurances, Cauvery project deadlines were repeatedly missed, causing significant delays

In a race against time, both the Bruhat Bengaluru Mahanagara Palike (BBMP) and Bangalore Water Supply and Sewerage Board (BWSSB) seem to be engaged in a relentless competition not to meet their respective deadlines. While the BBMP continues to struggle with unaddressed potholes despite expired timelines, the BWSSB fares no better in the task of supplying Cauvery water to the 110 erstwhile villages now under BBMP jurisdiction.

The BBMP has missed multiple deadlines, including the most recent one set for January 2024 also likely to be missed, painting a concerning picture. On the other hand, despite the BWSSB's assurances of project completion, sources revealed that 20 per cent of the necessary work is still pending as the clock ticks towards the deadline.

Fifteen years ago, the integration of these 110 villages into BBMP marked a significant development, with 33 former villages incorporated into the Bommanahalli zone, 23 into Mahadevapura zone, 17 into RR Nagar, 11 into Dasarahalli, and 26 into Byatarayanapura zones. Despite this assimilation, these villages continued to depend solely on borewell water to meet all their water requirements. Recognising the need for a more sustainable water supply solution, a proposal was initiated to provide these communities with access to Cauvery water.

Mahesh KN, Additional Chief Engineer (Cauvery Projects-2), stated, "Currently, we have accomplished 80% of the project. The remaining tasks involve finalising the pump house, water purification unit, and miscellaneous works. Our goal is to commence water supply to these 110 villages by February 2024."

Presently, water supplied to Central Bengaluru originates from the Shiva Anicut (Shivanasamudra), is pumped to the Torekadanahalli (TK Halli) reservoir, and, following filtration, is distributed throughout the city. As part of the fifth phase, pump houses are under construction at TK Halli, Harohalli, and Tagaguni, with 85 per cent completion thus far. The water treatment plant at TK Halli has seen 75 per cent progress.

An official noted, "We are facing legal challenges, minor revisions in the pipeline route, and road construction, all contributing to the delay." The project has experienced multiple instances of missed deadlines. Initially, BWSSB asserted that the work would be concluded by March 2023. According to the agreement with the Japan International Cooperation Agency (JICA) for the fifth stage of water supply, the completion of the drinking water package was slated for August 2023. However, this deadline was also not met. Officials explained that the Cauvery fifth stage project encountered a delay of six months during the first wave of COVID-19, two months in the second wave, and additional disruptions due to weekend and night curfews during the third wave. Looking at the project's history, it received administrative approval on October 12, 2017.

> **"We are facing legal challenges, minor revisions in the pipeline route, and road construction, all contributing to the delay** – An official, BWSSB

JICA funded 84 per cent of the project, with the State Government and BWSSB contributing 8 per cent each. As part of this initiative, work orders totalling Rs 3,728 crore were issued in 2019-2020 and 2020-2021 for drinking water. In 2020-2021, a separate work order of Rs 1,014 crore was also issued. Once the project is complete, the city will require 2.42 Thousand Million Cubic feet (TMC) of water each month. In fact, new stages of Cauvery water supply have been introduced to accommodate Bengaluru's growing population, taking into consideration the city's demographics. Currently, water from the Cauvery is being supplied to Bengaluru in four stages.

The ongoing project, initiated in January 2020, currently supplies 1,450 MLD to Bengaluru, contingent on a 700 cosecs flow at Shiva Anicut.

Suburban rail expansion rejected by SWR

| Melvin Mathew
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TWEETS @BangaloreMirror

South Western Railways (SWR) has rejected a proposal from Karnataka Rail Infrastructure Development Enterprises (K-Ride) to conduct a pre-feasibility study for extending the Bangalore Suburban Rail Project (BSRP) network by 452 km to satellite towns. The request came from MB Patil, the Minister for Large & Medium Industries and Infrastructure Development in the Government of Karnataka. Patil had asked K-Ride to prepare a proposal for the extension, but SWR has communicated its rejection to the Additional Chief Secretary and Managing Director of K-Ride.

The rejection is based on the belief that utilising the current and future Indian Railways network, along with initiatives by SWR, will significantly improve and meet the demand for commuter traffic connecting Bengaluru City and satellite towns. SWR also emphasised the need for the Government of Karnataka to expedite the sanctioned BSRP project, which is facing delays.

In response, SWR increased speeds to 130/160 KMPH on key corridors like Bengaluru to Jolarpettai, Dharmavaram, and Tumkuru. The speed-raising work on the Bengaluru-Bangarpet-Jolarpet section is completed. SWR is implementing automatic block signalling, doubling and quadrupling initiatives, with the Bengaluru Cantonment to Whitefield quadrupling targeted for completion in 2024-25. SWR plans to focus on developing Vande Metro trains for suburban travel with peak speeds of 130/160 KMPH, in contrast to the proposed 90 KMPH speeds in the BSRP network. They argue that high-speed train services are essential for public demand from Satellite Towns to City centres.

Additionally, the Railway Board has approved a final location survey for a circular railway connecting the outskirts of Bengaluru city. The proposed route includes connections between Nidvanda-Dodballapur, Dodballapur-Devanhalli, Devanhalli-Malur, Malur-Heelalige, Heelalige-Hejjala, Hejjala-Solur, and Solur-Nidvanda.

SWR emphasised that, unlike Namma Metro, the BSRP network is not exclusive. Recognising the suburban system's integration into the IR network in all cities, rolling stock operating on the suburban network is common and interoperable. This approach allows tracks to be utilised for mainline, freight, and express trains during non-peak hours, including nighttime.

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Roadside garbage

Kudlu

People are throwing garbage on the roads, making it very difficult for others to cross to the opposite side of the road in AECS A Block, Kudlu, Singasandra, adjacent to Shiva Temple, 1.5 km away from Kudlu Metro Station.

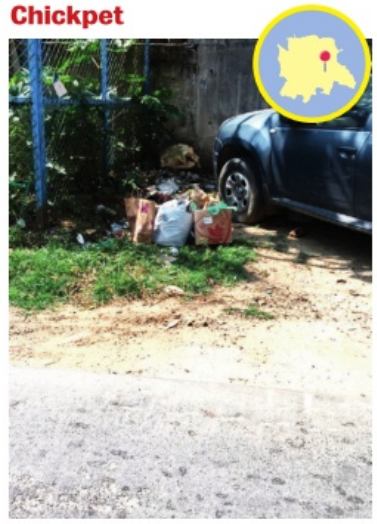
Problem spotted

Victoria Layout

A new black spot has emerged on Palmgrove Cross Road in Victoria Layout.

Drain disorder

Chickpet



Clogged drains are causing issues on KV Temple Street, Manarvpete, and Saurastra Pet, opposite SGS Gundu Pulao, in the Chickpet ward.

This thief has a taste for tender coconuts

Seller left bereft as he has no livelihood and had put all his money to buy his wares

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TWEETS @BangaloreMIRROR

The theft of 700 tender coconuts from Judicial Layout near Yelahanka makes it obvious that nothing is immune to thieves. The tender coconut seller Puneeth **(pic)** is now in a dilemma about how to make ends meet. The reason is that around 700 tender coconuts kept at the Judicial Layout were stolen at 3 am on November 19.

Puneeth approached Yelahanka Police, complaining about the theft. Yelahanka police registered a first information report (FIR) on November 20 under Section 379 (Punishment for theft) of the Indian Penal Code (IPC) 1860.

The residents of Judicial Layout have no issues with Puneeth, as he has been selling it here for more than a decade. "We have no problems with Puneeth selling tender coconuts here. He is friendly with the residents.

He is poor and has no means of living other than selling tender coconuts. He has no money to buy tender coconuts. I want the police either to recover the stolen tender coconuts or help him buy tender coconuts, as he has no resources to buy tender coconuts," said HM Venkatesh, a resident of the area.

Appealing to the police to help him buy tender coconuts, Puneeth said he has to look after his ailing father and pay a house rent of Rs 6,500. "I am not particular about the police nabbing the thief. I need Rs 15,000 to buy tender coconuts. It will help me to look after my family," he said.

Puneeth further said that it is the first time he has incurred a loss due to thefts. "I bought tender coconuts by paying cash, as there is no credit facility. I mortgaged my wife's jewellery for the money to buy it. I had gone to my hometown. When I returned, tender coconuts were gone. Now, I am in a dilemma about my future as I have no money to buy more than 50 or 60 tender coconuts," he said.

Meanwhile, the sub-inspector of Yelahanka Police Station said that a FIR has been registered and the investigation is in progress. "We are verifying the CCTV footage. We will certainly help the complainant who lost the tender coconuts," said the sub-inspector.

Drug cook in police custody

CRIME FILES

A foreign national who is accused of making drugs at a house on the outskirts of the city as taken into custody by the Central Crime Branch (CCB) police. The police said that Benjamin intended to hawk drugs valued at Rs 25 crore during the city's New Year's festivities. The culprit was found to have drugs worth Rs 10 crore. The police confiscated MDMA crystals, brown MDMA, sodium hydroxide, hydrochloric acid, acetone, and other substances that were used in drug manufacture.

Benjamin was in contact with between 300 and 350 drug users in the city. According to sources, he used the "BOTIM" software to speak with them in order to keep the calls from being traced by the authorities. He produced drugs in Bengaluru using chemicals he got from Delhi and Mumbai.

Date was fraud

A man has been defrauded by another man that he met on a dating app. The accused has been identified as Farhan. According to sources, the accused went to the man's home with his pals, threatening to beat him up and stole from him. A case was filed at the Adugodi Police Station.

The victim invited Farhan to his home on November 24. Following a conversation with the victim, Farhan left to use the loo. At that time, five men with sticks knocked on the door. The victim threatened to contact the police and refused to open. It is said that Farhan opened the door after leaving the loo. Farhan exited the house. The victim claims the five men broke in, beat him, and forced him to send money using an payment app.

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Locker hired by Mr. Vijayakumar Srinivasaiah and Mrs. Jansi Rani having address at 194, 3rd Street AK colony, BSA Road, Frazer Town, Bengaluru – 560 005, Karnataka, India, with the Thippasandra branch of Kotak Mahindra Bank Ltd., situated at No. 28, 80 feet Road, New Thippasandra, H.A.L. 3rd Stage, Bengaluru, Karnataka - 560 075 and the rent for the locker is due for the past four years. All the 3 letters sent to Mr. Vijayakumar Srinivasaiah and Mrs. Jansi Rani, calling upon them to operate the locker, have returned unserved and they are not contactable. It is hereby informed that despite this notice, if the said locker is not operated by Mr. Vijayakumar Srinivasaiah and Mrs. Jansi Rani within 3 months from the date of this notice, break open of the said locker will be done on 29th Feb, 2024.

Readers, it is time for us to have some fun. As the year winds up, we want to connect with you and understand you better. And, we have a lot of goodies to give away too.

BM win win situation

So here goes...

Tell us in not more than 100 words, about the one thing about **Bangalore Mirror** that makes it the first habit that you pick up every morning. Please be as witty as you choose, as the top 10 answers stand to win a big prize of an evening out.

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830th Branch
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S.F.No. 320/1D, Cuddalore Main Road, Tiruvennainallur Taluk, Viluppuram District - 607 203.

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Open drainage nightmare

Residents battle for basics as uncovered drains, mosquito menace, and breached sewage canals continue to plague Bellandur and surrounding areas

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TWEETS @BangaloreMIRROR

Unprotected: Deep drains up to 8 feet deep pose a hazard in Bellandur

Residents of Bellandur have raised concerns regarding open drains and the unfinished stormwater drains in the area. This negligence poses potential risks and health hazards for the residents.

In the 2023-2024 budget, stormwater drains secured the second-highest allocation of Rs 1,643.72 crore, including over Rs 70 crore for maintenance and Rs 15 crore for emergency monsoon works. However, the Bengaluru Nava Nirmana Party (BNP) highlights that the lack of proper covers for sewage tanks and the neglect of open drains continue to be persistent issues, causing inconvenience for the residents of Bellandur.

The residents of C Block in Mantri Glades revealed that they wake up to an unpleasant reality each morning. Uncovered sewage tanks are emitting foul odours around the apartment premises, making it impossible to enjoy the air from their balconies. The menace of mosquitoes has become their constant companion now.

The junction of Junnasandra Road and Sarjapur Road is a ticking time bomb. Deep drains, up to 8 feet deep, are left open with no protective barriers. This is not just an obstruction but a potential death trap. One misstep, one wheel in, and the consequences could be dire. The concerned officials must take immediate action to avoid potential harm, the residents said.

The residents further added, "The RBD Stillwater Villa faces issues despite drain clearance. The absence of drain covers results in a persistent stench of drain mud. Negligence in slab fixation exacerbates the problem, highlighting the urgent need for effective infrastructure maintenance."

The situation near Bellandur Lake, adjacent to Embassy Pristine apartments and defence land, is alarming. The breach of a sewage water canal threatens not only the loss of trees but also the entire green cover. Despite complaints and photographic evidence, no action has been taken, leaving residents in despair.

Soban Nair, a RBD Stillwater Apartment, Harlur Road, Bellandur, said, "The uncovered sewage tanks and neglected drains in our community are not just a nuisance; they pose serious threats to our health, safety, and environment. The time for action is now. Authorities must address these issues promptly to ensure the well-being of residents and the preservation of our surroundings."

Lalithamba BV, Governing Council Member & Zonal Leader, BNP, Bommanahalli said, "Despite drains securing a prominent position in the BBMP budget and spending crores on construction and up-keep, neglected drains throughout the city raise concerns about the inefficient utilisation of funds and the lack of accountability from civic agencies. Initiatives like anti encroachment drives, and drain reconstruction may appear as efforts to address infrastructure concerns. Still, the stark reality is that these activities are often left incomplete and are seldom followed up with maintenance."

> **"Authorities must address these issues promptly to ensure the well-being of residents**
>
> –Soban Nair, RBD Stillwater Apartment, Harlur Road, Bellandur

Vishnu Reddy, Zonal President, BNP, Mahadevapura said, "There is a gap between budget allocations and effective maintenance practices in the city's civic projects."

IN BRIEF

Bus stop shuffle shenanigans, yet again

A Bangalore Metropolitan Transport Corporation (BMTC) bus stop near MS Ramaiah Hospital has allegedly been relocated to a different location by unknown individuals to ease the flow of vehicles on that stretch. Neither the Bruhat Bengaluru Mahanagara Palike (BBMP), responsible for maintaining bus stops, nor the Bangalore Traffic Police (BTP) were consulted before the displacement.

The bus stop has been shifted 60 metres from its original position. Commuters on the route, aiming to reach Ramaiah Hospital and other nearby institutions, have expressed dissatisfaction, stating that the previous location of the bus stop was more convenient. Locals allege that, given the narrow road, the relocation may have been initiated by those hoping to improve the flow of vehicles on the stretch. Buses stopping for commuters to board and alight caused traffic congestion in the area, which is home to several commercial establishments. New BEL Road, where the bus stop is situated, accommodates vehicles from Sadashivnagar and Yeshwanthpur.

This incident is not the first time a BMTC bus stop has disappeared overnight. In October, the mysterious removal of a bus stop installed just ten days prior on Cunningham Road was reported. Police officials later discovered that the BBMP itself had moved the bus shelter to its warehouse in Shivajinagar after finding faults in its installation, posing a threat to those seeking refuge under it. **BMB**

BM Education

BCU to nurture Japan-ready professionals

Sridhar.Vivan
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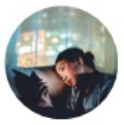
With Japan's demand for over 300,000 professionals in various fields, numerous individuals from Bengaluru are flocking to Japan for employment. However, for this group, merely learning the language is inadequate, as they require a more in-depth understanding of the culture to sustain their stay. Consequently, the Centre for Global Languages at Bengaluru City University (BCU) has launched a one-year intensive Undergraduate Diploma Course in Japanese Language for Skilled Workforce, with support from the Government.

Officials state that the programme, aligned with the Memorandum of Understanding (MoU) between India and Japan, aims to equip professionals with comprehensive knowledge of the Japanese language, society, and work culture. This will open up unparalleled opportunities for them in the Japanese job market. The course, backed by the Ministry of External Affairs of the Government of India, intends to bridge the gap in language, work culture, and societal nuances, preparing candidates for success in the Japanese professional landscape.

An official, while speaking to Bangalore Mirror, stated, "The programme is designed to furnish students with essential listening, speaking, reading, and writing skills, coupled with a profound understanding of competencies required in the workplace and daily life in Japan. Professionals with diplomas in various fields, including Industrial Training Institute and degrees in Information Technology, healthcare, accountancy, agriculture, and more, are encouraged to enrol. Successful candidates can benefit from a 50 per cent fee waiver, internship options, and recruitment opportunities, subject to certain conditions. Scheduled Caste and Scheduled Tribe students receive a 50 per cent fee waiver."

Officials from BCU mentioned that the course will be facilitated by a native Japanese teacher deputed by the Government of Japan, working alongside a qualified Indian teacher, ensuring a comprehensive learning experience.

HEALTH TIP: To make exercise a daily part of our routine, we should write down our workout routines on the calendar every day



It is advisable to stop using electronic devices 30 minutes before going to bed

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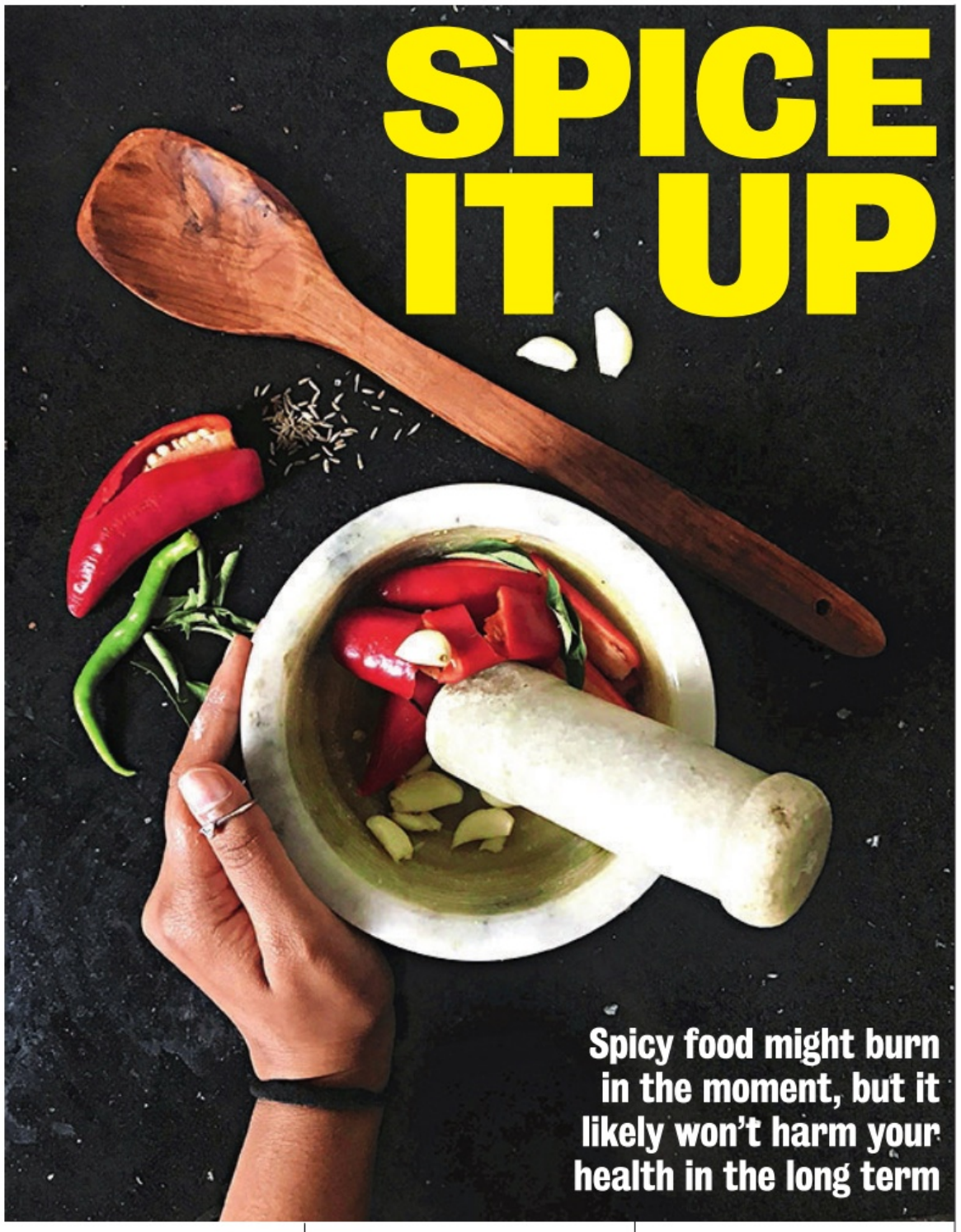
SPICE IT UP



Spicy food might burn in the moment, but it likely won't harm your health in the long term

Everyone has a different tolerance for spicy food — some love the burn, while others can't take the heat. But the scientific consensus on whether spicy food can have an effect — positive or negative — on your health is pretty mixed.

In September 2023, a 14-year-old boy died after consuming a spicy pepper as part of the viral "one chip challenge." The Paqui One Chip Challenge uses Carolina Reaper and Naga Viper peppers, which are among the hottest peppers in the world.

While the boy's death is still under examination by health officials, it has gotten some of the spicy chips being used in these challenges removed from stores.

As an epidemiologist, I'm interested in how spicy food can affect people's health and potentially worsen symptoms associated with chronic diseases like inflammatory bowel disease. I am also interested in how diet, including spicy foods, can increase or decrease a person's lifespan.

The allure of spicy food

Spicy food can refer to food with plenty of flavor from spices, such as Asian curries, Tex-Mex dishes or Hungarian paprikash. It can also refer to foods with noticeable heat from capsaicin, a chemical compound found to varying degrees in hot peppers.

As the capsaicin content of a pepper increases, so does its ranking on the Scoville scale, which quantifies the sensation of being hot.

Capsaicin tastes hot because it activates certain biological pathways in mammals – the same pathways activated by hot temperatures. The pain produced by spicy food can provoke the body to release endorphins and dopamine. This release can prompt a sense of relief or even a degree of euphoria.

In the U.S., the U.K. and elsewhere, more people than ever are consuming spicy foods, including extreme pepper varieties.

Hot-pepper-eating contests and similar "spicy food challenges" aren't new, although spicy food challenges have gotten hotter – in terms of spice level and popularity on social media.

Short-term health effects

The short-term effects of consuming extremely spicy foods range from a pleasurable sensation of heat to an unpleasant burning sensation across the lips, tongue and mouth. These foods can also cause various forms of digestive tract discomfort, headaches and vomiting.

If spicy foods are uncomfortable to eat, or cause unpleasant symptoms like migraines, abdominal pain and diarrhea, then it's probably best to avoid those foods. Spicy food may cause these symptoms in people with inflammatory bowel diseases, for example.

Spicy food challenges notwithstanding, for many people across the world, consumption of spicy food is part of a long-term lifestyle influenced by geography and culture.

For example, hot peppers grow in hot climates, which may explain why many cultures in these climates use spicy foods in their cooking. Some research suggests that spicy foods help control foodborne illnesses, which may also explain cultural preferences for spicy foods.

Lack of consensus

Nutritional epidemiologists have been studying the potential risks and benefits of long-term spicy food consumption for many years. Some of the outcomes examined in relation to spicy food consumption include obesity, cardiovascular disease, cancer, Alzheimer's disease, heartburn and ulcers, psychological health, pain sensitivity and death from any cause – also called all-cause mortality.

These studies report mixed results, with some outcomes like heartburn more strongly linked to spicy food consumption. As can be expected with an evolving science, some experts are more certain about some of these health effects than others.

For example, some experts state with confidence that spicy food does not cause stomach ulcers, whereas the association with stomach cancer isn't as clear.

When taking heart disease, cancer and all other causes of death in a study population into consideration, does eating spicy food increase or decrease the risk of early death?

Right now, the evidence from large population-based studies suggests that spicy food does not increase the risk of all-cause mortality among a population and may actually decrease the risk.

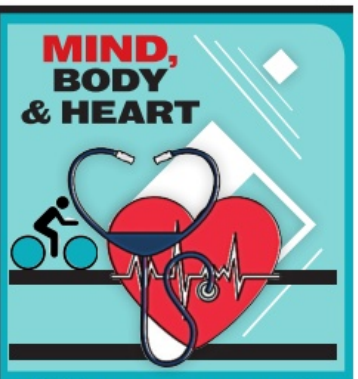
However, when considering the results of these studies, keep in mind that what people eat is one part of a larger set of lifestyle factors – such as physical activity, relative body weight and consumption of tobacco and alcohol – that also have health consequences.

It's not easy for researchers to measure diet and lifestyle factors accurately in a population-based study, at least in part because people don't always remember or report their exposure accurately. It often takes numerous studies conducted over many years to reach a firm conclusion about how a dietary factor affects a certain aspect of health.

Scientists still don't entirely know why so many people enjoy spicy foods while others do not, although there is plenty of speculation regarding evolutionary, cultural and geographic factors, as well as medical, biological and psychological ones.

One thing experts do know, however, is that humans are one of the only animals that will intentionally eat something spicy enough to cause them pain, all for the sake of pleasure.

(Paul D Terry, University of Tennessee Health Science Centre, The Conversation)



All you need to know about...

Slow dumping

Thrill is gone
There's nothing quite like the exhilaration you feel at the start of a relationship. But while some couples take strides towards making their relationship official, others find themselves drifting apart. Let's be real, how many times have we been told that the once-blazing sparks just fizzled out? Well, thanks to 2023, there's a new word for it and it's called slow-dumping.

Bad ending
Considered the equivalent of 'quiet quitting' by a lot of people, slow dumping is now emerging as one of the most callous and might we add cowardly ways to end a relationship.

Trouble
Ever felt a subtle distance creeping into your relationship? A decline in communication, a hesitancy to share time together? While their actions might not scream, 'I want to break up,' over time, these subtle shifts can foretell the looming conclusion of your shared story. Essentially, they may be orchestrating a gradual exit, setting the stage for a departure that feels less like a sudden blow. Perhaps, they're hoping to induce enough distress that you take the initiative to end the relationship, sparing them the need to verbalise those difficult words.

What to do?
So what should you do if you feel like you've become a victim of slow dumping? Our advice: Initiate an honest conversation with your partner right away. In the realm of ambiguous signs, initiating dialogue can provide you with much-needed clarity or closure. It's a far better alternative than torturing yourself with endless second-guessing of every small action.

—Sharon D'Silva, Femina

Exempt disabled from toll fee

CONTINUED FROM PAGE 1

and Mysore collected the toll fee despite me producing the unique disability ID card," said Umesha VC, a senior citizen with disability.

Expressing the similar opinion, Sreenivasa Murthy YS, a senior citizen with disability said that he has the unique disability ID card issued by the Government of India.

"I am eligible to avail the facility to travel on the roads maintained by the National Highways Authority of India. I happened to travel to Mysuru on November 26 in the car owned by my son.

The people managing the toll told me that I need not pay the toll fee but we found the toll fee of Rs 165 deducted from my son's account. The total amount deducted is Rs 130. I want the NHAI authorities to return the amount to my son. I appeal to the authorities to waive the toll fee for the PwDs who want to travel from one city to the other city," said Murthy.

According to the norms, all vehicles owned by the PwDs are allowed to use the roads maintained by the NHAI across the country without paying toll fee. The PwDs have to get a zero transaction or free FASTag for their vehicles from the NHAI.

When contacted, Ashwathamma, deputy director, department for the empowerment of differently abled and senior citizens said she would write a letter to the NHAI authorities requesting them to exempt PwDs paying toll fee while travelling on the roads maintained by it.

"I will write a letter to the NHAI authorities shortly," said Ashwathamma.

An official at the office of the state commissioner for the rights of persons with disabilities said vehicles owned by PwDs are eligible to travel on the roads maintained by the NHAI without paying the toll fee.

"I will recommend to the NHAI authorities to exempt PwDs from paying the toll fee if they approach me with an application seeking exemption," said the official.

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CHANGE OF NAME

I, Anjana Devi Molakatalla W/o Parameswara reddy molakatalla R/o No.418, MSN home,happy garden lyt, 4th main,13th cross, Seegehalli, Bengaluru 560049 have changed my name to Anjana Devi Dharmavaram affidavit Dt.28/11/2023 notary Harisha G, B'luru

I Peer Sahib S/O, Nanne Sab have changed my name to Peer Sab vide affidavit dated 13/11/2023 sworn before notary V.Nagarajan Blore 54.

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I, SESHADRI TIRUMALAI SUDHA, Residing at No 421, 9th Main Road, M S Ramaiah City, J P Nagar 7th Phase, Bangalore 560078. Have changed My name to SUDHA RANGARAJAN vide affidavit dated 28/11/2023 before Notary Aravind Patil G.G Bangalore

I, Sarala Srinivasa W/o Venkatesha Bodappa R/o 97, 16th east main, 3rd cross, 60 feet road, Hongasandra, Bengaluru 560068 have changed my name to Sarala Venkatesha affidavit Dt.28/11/2023 notary Harisha G, B'luru

I, Sakhi Ahmed Mir Sakhi Ahmed S/o Mir Safder Hussain R/o 1154, SSA complex, Bus stand, Alipur, Gauribidanur Tq, Chikballapur 561213 have changed my name to MIR SAKHI AHMED affidavit Dt.28/11/2023 notary Harisha G, Bengaluru

I, FAIROZE PASHA ANWAR, R/a#48/B, Abbas Line, Nizamuddin Mohalla, Chamrajpat, Bangalore- 560018. I, have changed my name to, FAIROZ PASHA Vide affidavit dated 27/11/2023 Sworn before Notary: M. Rajendra Bangalore

I, Ashwini Thakkarkar D/o. Santosh Thakkarkar #39 Avani, Sai Nisarga Layout. Channasandra, RR Nagar 560068, have changed my name to Ashwini Santosh Thakkarkar for all purposes.

I, Patil Arati Tatyasaheb w/o Rakesh Ajit Patil R/o sf-14 Sumukha Brindavan Apts #4/1 Gundappa Layout Gottigere BG Road B'luru-560083 have changed my name to Arati Rakesh Patil for all Purposes.

I, Farooqh C/o #Afsar Pasha R/o 276/D,2nd Floor, 1st Cross, Coffee Brand Colony, Sham - pura Main Road B'lore-560045 have changed my name to Farooq Pasha for all purposes

I, Rakesh Patil s/o Ajit R/o SF-14 Sumukha Brindavan Apts # 4/1 Gundappa Layout Gottigere BG Road B'luru-560083 have changed my name to Rakesh Ajit Patil for all Purposes.

I, Manjunath MK, aged 39 years, S/o Krishna Machani, R/O #106/10, 2nd main, Marenahalli, Vijayanagar, Bengaluru- 560040. I have changed my name to Manjunath Machani. Vide affidavit dated- 28.11.23. Sworn before notary L GopalaKrishna, Bengaluru.

GET NOTICED

Street vendors' plea: No eviction, give us IDs

Vendors group says BBMP has been callously removing vendors from street, seizing material with no consideration for their livelihoods

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

File photo of vendors at Jayanagar shopping complex, where BBMP carried out an eviction drive recently

The Federation of Bengaluru District Street Vendors Associations on Tuesday demanded the Bruhat Bengaluru Mahanagara Palike (BBMP) authorities not evict street vendors till a survey is conducted as per the Street Vendors (Protection of Livelihood and Regulation of Street Vending) Act 2014 and issue ID cards to the street vendors in the city.

"The BBMP with no awareness about the Street Vendors Act have evicted thousands of street vendors across the city. We demand the BBMP return the material seized from the street vendors at the time of eviction and allow the street vendors to return to the same spots to continue their business. We are contemplating to go on an indefinite agitation if the BBMP authorities fail to meet our demands," said S Babu, president, Federation of Bengaluru District Street Vendors Associations.

Babu said the BBMP evicted thousands of street vendors from areas such as Malleswaram, Banashankari, and Jayanagar 4th Block without bothering about their welfare. "Our demand is that no street vendor shall be evicted or, as the case may be, relocated till the survey specified under sub-section (1) has been completed and the certificate of vending is issued to all street vendors," he said.

The other demand of the street vendors is that awareness programmes be organised for the BBMP authorities and police officials under the Section 32 of the Street Vendors Act. "We demand the BBMP to issue an order stating that the ID cards issued in 2017 are valid till the survey on the street vendors is completed," he said. The BBMP authorities evicted around 150 street vendors and demolished kiosks selling fruits, clothes, slippers, vegetables and others at Jayanagar Shopping Complex recently.

> **"Our demand is that no vendor will be evicted or, relocated till the survey specified under sub-section (1) has been completed**
> – S Babu, vendors' group

Vinay Srinivasan, a member of Federation of Bengaluru District Street Vendors Associations, said that it was the UPA Government that brought the Street Vendors Act 2014. "Rahul Gandhi has said that street vendors are an asset of the city. Now, the Congress government is in power in the state and the BBMP is under the state government. The need of the hour is to nurture the asset (street vendors) of the city but instead of nurturing the BBMP authorities are ruining the street vendors. The BBMP authorities must hold a meeting with the street vendors to discuss how to resolve the issues," said Vinay Srinivasan.

Pub outing turns ugly; group harassed, beaten

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@timesgroup.com
TWEETS @BangaloreMIRROR

CRIME FILES

A 26-year-old man along with his four female friends were hit and harassed by two men in a pub in Hebbal. It is claimed that a group of PhD students went to a bar located on the 4th floor of a popular mall in Hebbal on November 24 when this incident took place. This is the second incident from the same pub this year. A woman had complained of being harassed here by four men in May.

When the group of students went out, a man repeatedly approached their table, harassing the male friend by inquiring about his female friend. When the person in question politely declined the interaction, he left momentarily but returned, escalating the situation to verbal abuse and eventually a physical altercation.

"When the man was inquiring about my friend, I handled the situation calmly. But later, he came again to the table and started abusing me. Then he was joined by his friend, who came and slapped me. They also punched my other friends at the table," said Sukalyan Deb.

He claimed that bystanders from other tables joined in, exacerbating the violence without any understanding of the situation. "I noticed that the people who hit me were still roaming freely in the pub, behaving as if nothing had happened," he added. Despite the chaos, the pub's response was far from satisfactory, said the source.

"Bouncers intervened selectively, focusing on calming down only our friend and escorting us out. The alleged assailant, seemingly a regular customer, was allowed to leave without any accountability, making it impossible for us to file a police complaint. The manager claimed that due to the individuals being regulars, they did not possess any registration details," claims the victim. Despite their attempts to seek support from the pub's management, including a 1.5-hour conversation with the manager, they were denied the names of those involved and access to CCTV footage. "We are concerned about the lack of transparency and accountability in addressing such incidents, especially when it involves their regular customers. This incident raises serious questions about the safety and security measures in place at pubs because this isn't the first incident," said the source. BM approached the police and we were informed that the particular mall comes under the jurisdiction of Amruthahalli police station. The inspector informed us that they are randomly checking all pubs in the area to ensure safety.

"One can call 112 if they face any danger like this and within five minutes, the hoysala will be there. We are having regular patrols and we are also checking the pubs," he said.

Waiting by the lake, to save it

CONTINUED FROM PAGE 1

course of action under Kere Mitra. The 600-odd Bengalureans registered as volunteers for the programme are left puzzled. To supervise the preservation and upkeep of lakes in the city, BBMP came up with the initiative and invited volunteers to register for the programme. Interested individuals were expected to register by October 30 to maintain lakes in their respective wards. After registration on BBMP's website, the volunteers were expected to receive a message with login credentials on their emails and cell phones. The credentials were to be used to log in to a web application and get started with the programme. Those who registered said such a long pause to the initiative will affect excitement of volunteers.

"BBMP should have sent out acknowledgement emails or messages to the citizens. Instead, we are left guessing if the initiative will be taken forward. While the initiative is a welcome move, a laid-back attitude cannot be appreciated. We registered as volunteers using a Google form. The form should have been designed in a way that those registered receive an acknowledgment email automatically. This delay will be demotivating for the volunteers. Moreover, our lakes are in a bad state and the sooner we start, the better it will be," said Raghavendra B Pachhapur, a city based lake activist who registered as a volunteer for Chunchunghatta Lake under the initiative.

According to BBMP, the delay in kickstarting the initiative is owing to a technical glitch in the application. Moreover, there are plans to reopen the web portal so more citizens can register. Officials said nearly 600 citizens have volunteered to safeguard lakes and this number is not enough.

"We are facing a technical issue in the application developed for Kere Mitra. This is the reason no intimation has been sent out to those who have registered. We are working on it; the issue is expected to be resolved within two to three weeks. We are also planning to reopen the portal for more volunteers. Currently, nearly 600 volunteers have registered under the initiative. This is much lower than expected; it will not be enough looking at the number of lakes in BBMP limits," said Preeti Gehlot, special commissioner (lakes and estates), BBMP.

However, volunteers said the civic agency should have boarded the first set of applicants before going for the second round of registration.

"BBMP should have issued volunteer passes to those who had applied in the first round. While we are already working unofficially towards the betterment of the lake in our ward, official integration of volunteers would have encouraged others to register in the second round," said another citizen registered under the Kere Mitra initiative.

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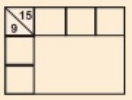
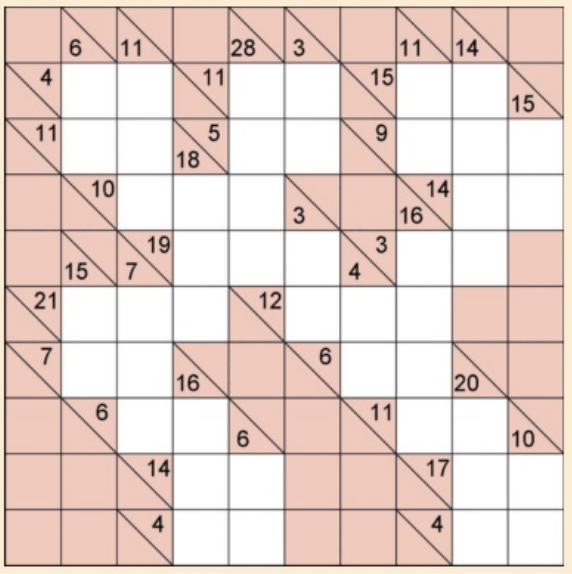
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

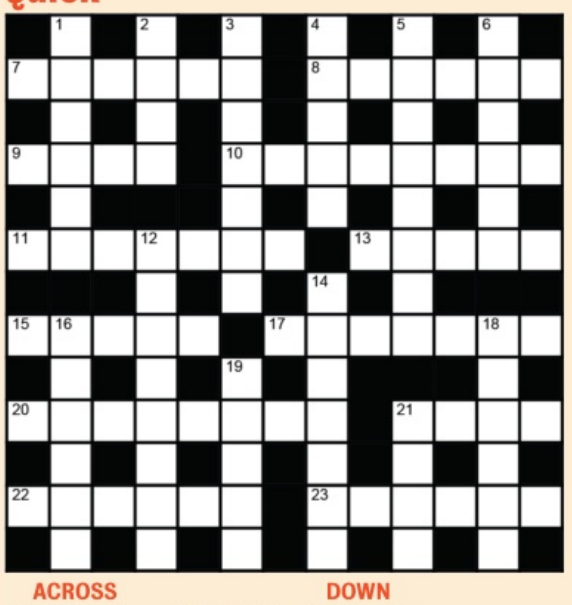


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Lal Krishna ___ : BJP leader (6)
8 Brags (6)
9 Flying creature (4)
10 Green visor to reduce light? (8)
11 River mouth (7)
13 First musketeer (5)
15 Unjustly assume (5)
17 Right in all details (7)
20 Al fresco bar at the Oberoi (4,4)
21 Jack's sister (4)
22 Author ___ Hemmingway (6)
23 Entails or necessitates (6)

DOWN

1 Lets in (6)
2 Without hair (4)
3 Gun, rifle or pistol (4-3)
4 Monks' building (5)
5 Flexible tube for draining fluids (8)
6 Artist's workshop (6)
12 Extracted, dug out or weeded out? (8)
14 Walks haltingly (7)
16 Cleans by hard rubbing (6)
18 A person paying a visit (6)
19 Schemes or plans (5)
21 Green gemstone (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: M EQUALS G

RNIV E DNFVM QIEPIP DT ZI E POZUIQD TS QTVDBTJIBPG, FD QIEPIP DT ZI E POZUIQD TS FVDIBIPD

Linemaro

You are my fountain of inspiration

Mindchow

The purpose of education is to replace an empty mind with an open one

Joke of the day

Alcohol kills slowly. So what? What's the hurry?

Loop

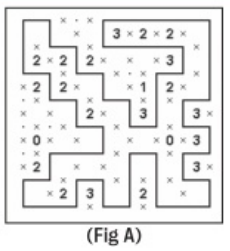
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

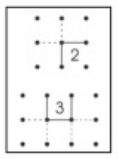
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



(Fig A)



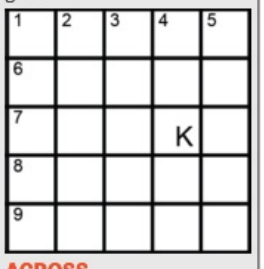
(Fig B) Not Allowed

Strikeout

This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

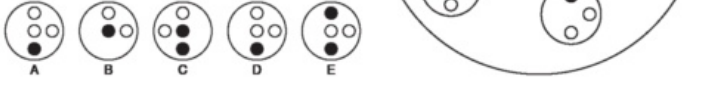
1 A Slav; 6 Sabah;
7 Pat AK; 8 I rice;
9 Rance

DOWN

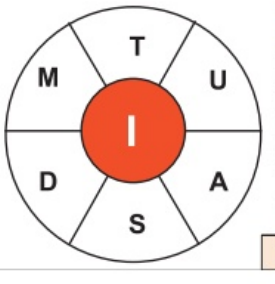
1 Lip an; 2 Caaba;
3 Vac it; 4 Saker;
5 Rheas

Mensapuzzle

Which circle should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

09 Average; 10 Good; 12 Outstanding

SudokuChallenge

	6	5				8	1	
			3	6	8			
7			5		9			3
	8		2		7		5	
		3				1		
	5		1		3		4	
5			4		6			8
			9	5	2			
	9	4				7	6	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

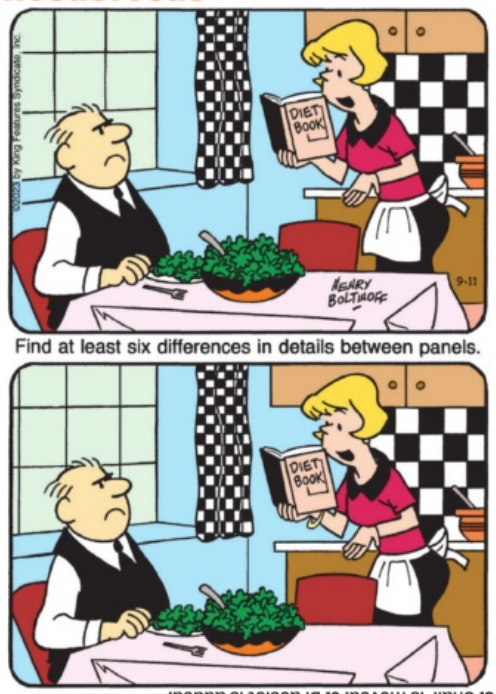
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy ☐☐☐☐☐☐☐ = 1
2 4 7 8

Medium ☐☐☐☐☐☐☐ = 20
3 7 7 9

Hard ☐☐☐☐☐☐☐ = 24
3 3 6 3

Hocusfocus



Find at least six differences in details between panels.

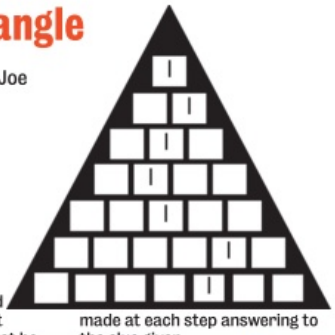
Differences: 1. Counter is wider. 2. Fork is moved. 3. Upper cabinet is wider. 4. Windowpanes are different. 5. Chair is moved. 6. Bracelet is added.

Riddler

I am found in great fields. With my kin, provide great yields. Decapitate me with no regret. What makes me bread is what you'll get. Cut once again, again I implore And you will do this thing evermore. What have you found from me? Give me the words above, all three.

Alpha triangle

1 Pronoun
2 American soldier Joe
3 Fix a fight
4 Wagner cycle
5 Time of rule
6 Get back
7 Harvesting



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

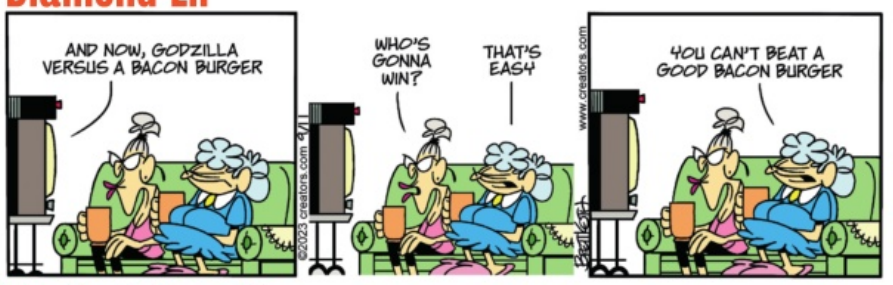
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Redeye by Mel Casson

Bizarrotrip

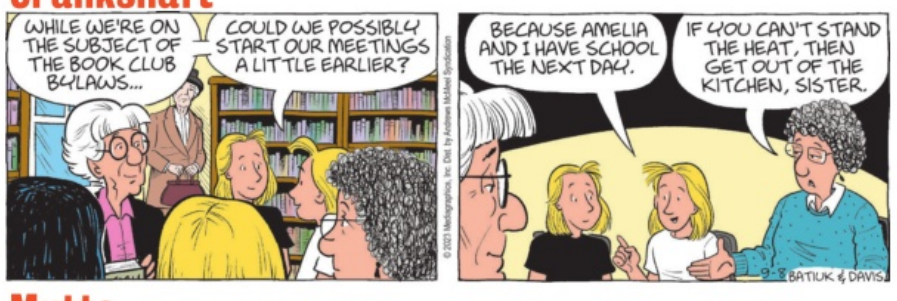
Diamond Lil



Hart of the city

JACKIE, THERE'S A PARENT'S VOLLEYBALL TOURNAMENT FOR THE SCHOOL'S NEW LUNCHROOM!
OOH! I'M SIGNING UP!
MOM, YOU DON'T HAVE TO. I'M SURE THERE ARE PLENTY OF PARENTS SIGNING UP.
WHY DON'T YOU WANT ME TO GO?
YOU'RE A LITTLE... COMPETITIVE.
YOU MEAN A WINNER?

Crankshaft


WHILE WE'RE ON THE SUBJECT OF THE BOOK CLUB BYLAWS...
COULD WE POSSIBLY START OUR MEETINGS A LITTLE EARLIER?
BECAUSE AMELIA AND I HAVE SCHOOL THE NEXT DAY.
IF YOU CAN'T STAND THE HEAT, THEN GET OUT OF THE KITCHEN, SISTER.
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel dull, as you could be a victim of hidden fears that make you scared. You are not in a situation to trust anyone. It is advised to do meditation and chant some prayers, which may help you come out of this hypothetical situation. With the help of elders' blessings around late evening, you may come out of this messy situation.

Taurus Apr 21 – May 20
Today, you may be busy at work, and your network may increase. With the help of this network, you are likely to get a big order in terms of business and work. You may start innovating in partnership and receive some investments in your business, which will increase your business in the near future. Your emotional relationship with your spouse will also improve.

Gemini May 21 – Jun 21
Today, you may find yourself in a state of self-analysis, which will bring some confidence in you. Your focus towards your goals is now clear, and you may succeed in achieving them. Your creativity might improve, and you will take an interest in artefacts, movies, glamour, and real-life objects. At the end of the day, you may feel some satisfaction related to your life, and your opponents are likely to be under control now.

Cancer Jun 22 – July 23
Today, you are likely to use your creativity to renovate your house or office. Your focus on your goals may be good, but overworking may tire your mind, leading to anxiety, restlessness, and stress, which may affect your domestic life. Students are advised to avoid fantasy in their studies and to study with focus and dedication.

Leo Jul 24 – Aug 23
Today, you may be dissatisfied, and people around you may not cooperate. It is advised to keep patience and read documents carefully before signing any contracts. Making new investments in useless stuff may be a bottleneck for you. Students are advised to read their subjects with patience.

Virgo Aug 24 – Sep 23
Today, you may be enthusiastic and more focused, which may speed up your postponed projects. Your subordinates may help you start a new project, leading to profit in the near future. You may expect some short trips related to your family issues, and job seekers may hear good news regarding employment.

Libra Sep 24 – Oct 22
Today, you may be busy with family issues and making some important decisions on the domestic front. Avoid making arguments in personal matters, as your arrogance may affect domestic harmony. Follow your intuition before making investments in business.

Scorpio Oct 23 – Nov 22
Today, your inner strength may help you start some new innovations on the work front. You may likely get a big order in your business, leading to growth in the near future. New responsibilities in your job may make you busy, and job seekers might get a good job. Relationships with your spouse may improve, maintaining harmony in family life.

Sagittarius Nov 23 – Dec 22
Today, you may feel dull, and your health may not be good. You may be nervous, experiencing anxiety and restlessness. Postpone important investments in business or real estate, and avoid rush driving and long-distance travel. Meditation can be helpful in controlling the messy situation.

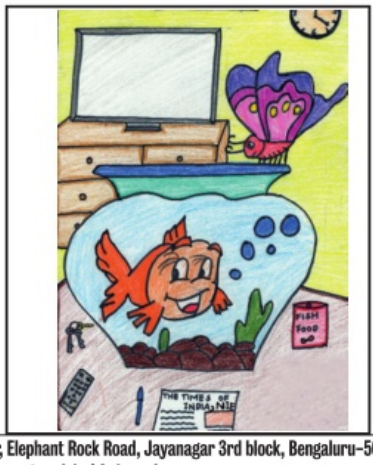
Capricorn Dec 23 – Jan 20
Today, blessings from elders may make you happy, and your investments may bring profits. Losses are converted into profits now, boosting your bank balance. Plan to invest in your kid's future, and enjoy some delicious food at home. Problems related to the throat, teeth, ears, or nose may be resolved now.

Aquarius Jan 21 – Feb 19
Today, you are blessed by elders, and your patience becomes very good. Your focus on work may be excellent, and your parents' health may improve. Spend time with elders and meet influential people who may help you on the professional front. Enjoy romantic moments to increase harmony in domestic life.

Pisces Feb 20 – Mar 20
Today, you may be spiritual and help needy people around you. Plan to donate some amount to charity or a religious place. Your good karma may help you succeed in difficult projects, and you may feel a divine power around you. You may be attracted to the occult, and students are likely to enjoy studying in depth.

KIDZONE

Sanjana V, 5 Years, DRDO KG School



Monisha V, 12 Years, Indiranagar Cambridge School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

$\sqrt{8} - 8^{-1/3} = (2^3)^{-1/3}$
$= 2^{3/3} = 2^1 = 2$

$\sqrt{16} - 16^{-1/2}$
$= (4^2)^{-1/2}$
$= 4^{2/2} = 4^1 = 4$

$(3\sqrt{8}) / \sqrt{16} = 3/4 = 1/2$

$= 1/\sqrt{9}$
$= 9^{-1/2} =$
$= 9^2 = 81$

BULL'S EYE
admit, amid, suit, amidst, audit, autism, maid, midst, mist, said, STADIUM, staid,

FAST FIVE

L	A	V	A	S
A	B	A	S	H
P	A	T	K	A
I	C	I	E	R
N	A	C	R	E

STRIKE OUT

L	I	M	I	T	S		F	L	A	B	B	Y
O	A		A	C	C	R	A		A		A	E
N	U	T	A	T	E		A	I	R	B	U	S
G	T		A	N	A	N	D		B		M
E	D	E	N		E	T	C		E	L	L	A
D	I	D	I	T		A		T	R	E	E	N
A		A	E	O	L	I	A	N		A	
U	N	C	L	E		O		T	E	A	C	H
R	A	I	L		E	S	P		S	O	H	O
A		C		A	P	S	E	S		R	A
N	U	N	C	E		R	A	G	T	A	G
I		D		M	E	R	I	T		A	I
A	D	A	G	E	S		L	E	S	S	E	E

QUICK

A	B		F		A		C		S			R
A	D	V	A	N	I		B	O	A	S	T	S
M		L		R		B		T		U	
B	I	R	D		E	Y	E	S	H	A	D	E
	T			A		Y		E		I	
P	O	L	O	C	L	U	B		J	I	L	L
C		O		P		B				A	
U	S	U	R	P		C	O	R	R	E	C	T
	P		M		H		E					
E	S	T	U	A	R	Y		A	T	H	O	S
R		E		S				L				E
E	R	N	E	S	T		E	N	D	U	E	S
S		D		S				S				R

RIDDLER
What, heat and eat.

QUOTE UNCODE
When a thing ceases to be a subject of controversy, it ceases to be a subject of interest

MENSA PUZZLE
A: each pair of circles are mirror images of each other.

SUDOKU

3	6	5	7	2	4	8	1	9
9	1	2	3	6	8	5	7	4
7	4	8	5	1	9	6	2	3
1	8	9	2	4	7	3	5	6
4	2	3	6	9	5	1	8	7
6	5	7	1	8	3	9	4	2
5	3	1	4	7	6	2	9	8
8	7	6	9	5	2	4	3	1
2	9	4	8	3	1	7	6	5

ALPHA TRIANGLE
I, GI, RIg, RIng, Reign, Regain, Reaping.

GO FIGURE
Easy
7 + 4 − 8 − 2 = 1
Medium
7 + 9 + 7 − 3 = 20
Hard
6 × 3 + 3 + 3 = 24

LOOP

KAKURO

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SANDALWOOD SHOTS
Y MAHESWARA REDDY

Anchor to director

Meet Agni from Kadur in Chikkamagaluru, who has been working as an anchor for more than a decade and is set to become a director in Sandalwood. The muhurat of his movie Journey was held at a temple on Thursday. Prominent personalities of Sandalwood attended the function.

"I have been working as an anchor for local TV channels and various functions held in the city. I am happy to realise my long-pending dream of directing a Kannada movie. I wrote the script and dialogues apart from handling the megaphone. I am also one of the producers for this movie," said Agni.

According to the director, audiences of all age groups can relate to the film. "The script is the completed journey of people aged between 40 and 60 years. It is the continuing journey of those between 20 and 40 years. It is a journey that no one, aged between 1 and 20 years, wants to emulate," said the director. He said he does not want to convey a message to society through the movie Journey. "I am trying to convey what is happening in society and what youth have lost while pursuing a career giving importance to earning money," the director said.

Dini from Bengaluru makes debut as a hero with this movie. Chethan Durga, Spoorthy, and Prithvi are the important cast.

Playing cop

Aditi Prabhudeva is excited about her latest movie Alexa that is centered on a murder mystery. Aditi plays a cop in the movie while Pawan Tej plays a key character in the movie. A function was held to release the trailer and audio of the movie recently.

"I play a police officer in the movie. The name of the character is Alexa. I had an ambition of becoming a police officer in real life but am happy to get a chance to play one in a film. I agreed to act in the movie as soon as the director told me that my character in the movie is a police officer. I have a few action scenes. I want to thank stunt master Ravi Varma for guiding me," said Aditi.

Alexa is the second movie for Jeeva as a director. Jeeva helmed Kannada movie Bhujanga that was released in February 2016. "Alexa belongs to the mystery genre. The movie has come out well. We are contemplating its release on December 29," said director Jeeva. Pawan Tej said the movie Alexa is different from other Kannada movies made based on a murder mystery. "The screenplay of this movie is different from other Kannada movies. My character in the movie is good," said Pawan Tej.

Politics makes a dent

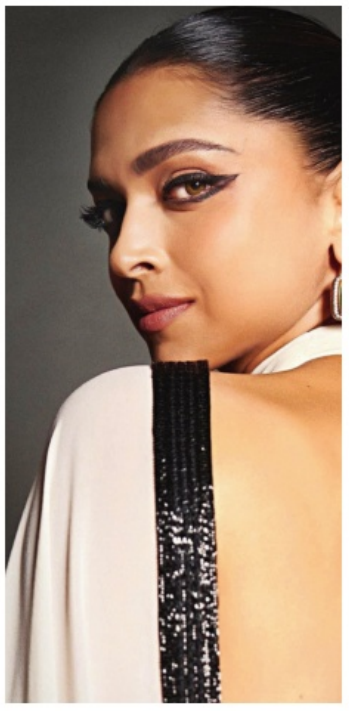
Meghna Gulzar, who is busy promoting her upcoming film, 'Sam Bahadur', recently opened up about Deepika Padukone's JNU visit before the release of their film, 'Chhapaak' in 2020.

Talking about the same, Meghna told Indian Express in an interview that Deepika's visit to JNU three days prior to the film's release definitely 'made a dent' on the film.

According to her, the conversation went from acid violence to somewhere else.

The director added that her act impacted the film and there is no denying that.

'Chhapaak,' inspired by the true story of acid attack survivor Laxmi Agarwal, follows the journey of Malti (played by Deepika Padukone) as she grapples for justice after a man perpetrates an acid attack on her face in retaliation to her rejection of his proposal. **— ETimes**



EVERYBODY'S PERFECT

Vidya Balan on the times chatter about body weight has caused her discomfort

Vidya Balan, who recently graced the International Film Festival of India 2023, opened up about the constant chatter about her body weight. The actress also spoke about how she embraced her body. Vidya said that she realised that she was only the one sending hate towards her body. She was constantly saying, 'You are not what I want you to be'. And therefore, she was constantly falling sick.

She started working with a healer 12 years ago and she realised that she is abusing the very thing that's keeping her alive. The 44-year-old expressed that her perspective shifted when she began appreciating her body and breath for keeping her alive. This change in mindset became significant, allowing her to wake up feeling positive about herself. She mentioned that it has been a game-changer since then. Regardless of how she wakes up in the morning, she now feels good about herself. On days when she doesn't, she tells herself it's okay, and tomorrow will be a new day. She acknowledges that sometimes the body reflects emotions, whether it's tiredness, anger, jealousy, gratitude, hurt, or tears. However, she emphasises that these emotions don't diminish a person. She admitted to feeling small in her bigness and described it as ridiculous, almost as if she was cowering. **— ETimes**

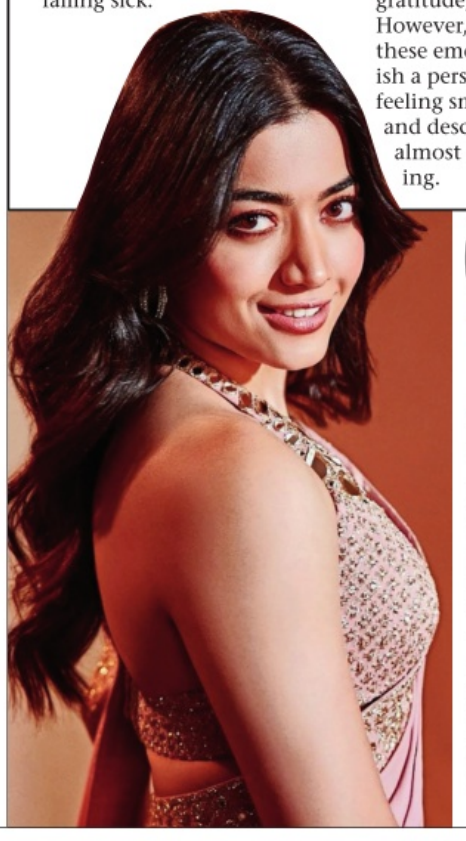
Paris in mom era

Paris Hilton is elated about life as a mom of two. Ahead of the premiere of the second season of her reality series, 'Paris In Love', the multi-hyphenate, shared that she is excited to be settling into her family of four after announcing on Thanksgiving that she and husband Carter Reum have welcomed their second baby, daughter London.

Paris said, "I'm just over the moon that our little princess is here. My life just feels so complete, having my little baby boy and now my little girl", reports People magazine.

Paris said the couple, who welcomed son Phoenix Barron in January, "are just so grateful and so happy. It's exciting to be spending our first holidays as parents". "I am so excited to have our first holidays together. Thanksgiving was so special, surprising everyone with London and getting to show Phoenix the Christmas tree for the first time. Seeing his eyes light up and seeing the wonder in his eyes, it's such a magical experience. I can't wait for our first Christmas together as a family".

As per People, Hilton is looking forward to celebrating that "we can all be together, spending time as a family" this holiday season.



On the deepfake scare

Rashmika Mandanna, while promoting her upcoming film Animal, addressed the issue of Deepfake videos. Breaking silence over her morphed video which was created using AI, the actress called deepfakes 'scary' and Rashmika urged women to utilise platforms to speak out against such manipulative practices. At a press conference in Hyderabad, Rashmika opened up about the incident, she said , "Deepfakes have been around for a while and we've normalised them but it isn't okay. I always wondered who would even care if I chose to speak up and point out that it isn't okay. So, I'm glad people from across the film industries have supported me. I understand now how important it is to speak up. I want to urge women to take the help they need when it happens."

She continued, "Today, as a woman and as an actor, I am thankful for my family, friends and well-wishers who are my protection and support system. But if this happened to me when I was in school or college, I genuinely can't imagine how I could ever tackle this. We need to address this as a community and with urgency before more of us are affected by such identity theft." **—ETimes**